

How Do We Engage?

Workshop Experiences

Mindfulness classes • Healing arts workshops • School wellness programs • Family connection circles • Community wellness events
• Neurodiverse-friendly programming • Stress reduction workshops • Seasonal gatherings

Our Vision: To help create a more compassionate, regulated, and connected world through mindfulness, healing arts, and community-centered experiences.



CONNECT WITH US

Uthrive Wellness

Relational • Creative • Inclusive • Community-Centered

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Uthrive Wellness

**Creating spaces for connection,
regulation, creativity, and well-being.**

Children • Teens • Adults • Families • Schools •
Community Organizations • Wellness Events

Everyone is welcome to our workshops!



uthrivewellness.org

Our Approach

We believe healing and growth happen through safety, connection, creativity, play, movement, and mindful awareness.

When the nervous system feels safe, people are better able to regulate, learn, and connect.

Our work is designed to support this foundation through accessible, experiential practices.



We support:

- Emotional regulation
- Stress reduction
- Mind-body awareness
- Self-expression
- Community connection
- Strength-based learning
- Creativity and resilience



What We Do

Healing Arts & Mindfulness Modalities

Art Processing Workshops

Creative expression experiences that support emotional exploration, reflection, and connection.

Mindfulness & Meditation

Grounding practices that support awareness, presence, and emotional regulation.

Breathwork

Breathing techniques that help regulate the nervous system and bring awareness back to the body.

Yoga & Gentle Movement

Accessible movement practices that support embodiment, balance, and emotional well-being.

Journaling & Reflection

Guided writing experiences that support self-awareness, clarity, and personal growth.

Sound Healing

Restorative sound experiences that support relaxation, regulation, and nervous system reset.